



NCARNG Weekly Safety Newsletter



May 22, 2015

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ROAD



RAGE!

Increasingly congested roadways are a growing source of driver frustration. Learning how to deal with road rage can help you sidestep the dangerous nightmare that often follows an aggressive road rage incident. You must realize that you can't control another driver's behaviour, but you can control your own. When another driver cuts you off, how you react will determine what happens next. If you are able to back off, take a deep breath, and remain calm, then you can defuse a potentially violent situation. Below are 5 tips to prevent road rage.

1. Get your Zs.

A national epidemic of sleepiness is a contributing factor to road rage. We all know how cranky we get without enough sleep. It makes us prone to feelings of annoyance, resentment and even anger.

2. Plan ahead.

Leaving just enough time to drive to your destination can make you more prone to a lead foot and a lost temper. Extra time equals calmer driving. Try preparing clothing, briefcases, children's school bags and lunches the night before to minimize your morning rush.

3. Loosen up, then breathe:

If you notice yourself clenching the steering wheel in a death grip, try flexing your fingers and loosening your hold — you'll find that you can control the car just as well. If your right foot is cramped, set the cruise control if traffic allows. If you're on a prolonged road trip, try not to exceed three hours of travel time without a break where you get out and stretch. Struggling to see through a dirty windshield is also an unnecessary stress factor, so fill up with washer fluid before you go. Periodically roll down the window and breathe deeply and slowly.

4. It's not about you.

Perhaps another driver cut you off. Or the car in front of you is braking erratically. Before you assume the driver is getting off on your rising anger levels, realize that you, as an individual, are not the target. Perhaps the driver simply made a mistake or was just being oblivious. Maybe there's a screaming baby, a loose pet or a crazed bee in the car. Maybe he was on a cell phone. The point is, don't take things so personally.



5. Practice kindness:

Remembering simple courtesies, like allowing someone to merge or apologizing when we make a mistake, can go a long way in making the driving experience positive for ourselves and others. Treat fellow drivers how you would like to be treated. As additional incentive, reducing your aggressiveness on the road can also keep you out of serious trouble. We're all bound to lose our cool at some point, but by planning ahead and keeping things in perspective, we can prevent our emotions from getting the best of us. Putting aggressive driving in park will help to ensure your own safety, as well as the safety of everyone around you.

**SLOWER
TRAFFIC
KEEP
RIGHT**

**Visit these sites for more information on Road Rage: www.dmv.org/how-to-guides/road-rage.php and www.edmunds.com



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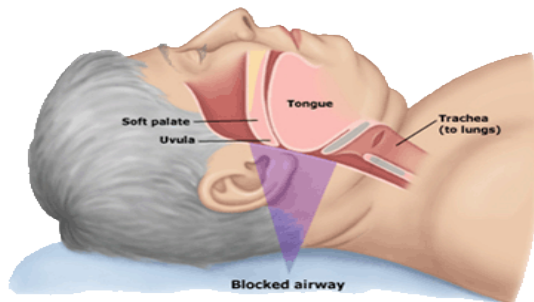
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How to Stop Snoring: Easy Tips to Use Tonight



Nearly everyone snores from time to time. But not all snoring is the same. Consistent snoring affects the quality of your sleep. Besides disturbing your bedmates and housemates, it can lead to day-time tiredness, a bad temper, and can indicate bigger health problems that may require treatment. Find out common reasons why you snore and try some tricks for getting a better night's sleep.



Common Causes of Snoring

Snoring happens when there is a blockage in the nose or mouth or when the muscles in your throat relax more than normal while you sleep. Sinus problems, excess body weight, alcohol intake, smoking, muscle-relaxing medications, and sleeping on your back can all lead to snoring.

Tricks to Reduce Snoring

Avoid alcohol and other muscle relaxers right before bed. While alcohol may calm you down, it also relaxes your throat and jaw muscles, making snoring more likely. If you plan to enjoy an adult beverage, have your last drink at least four hours before bed. Excess body fat—especially around the neck—puts pressure on your throat's airway and can lead to snoring. If you're overweight, focus on shedding a few extra pounds. Your snoring may stop naturally. If your body weight isn't a factor, try over-the-counter nasal strips that help widen the nostrils.

Before Bed Prevention Tips

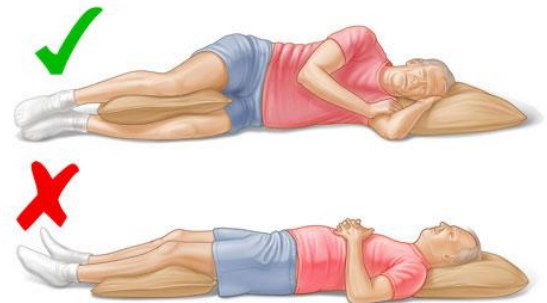
A healthy bedtime ritual can help you sleep better, and a few simple changes can help reduce snoring. Elevate your head with pillows to improve air flow through your nasal passages and to help you breathe easier. Try changing your sleeping posture. Lie on your side with your knees curled in. Stick a pillow between your thighs. This position reduces tension on your spine and can open up your nasal passages. Still no luck? Some people sew a tennis ball to the back of their shirt to keep from rolling on their back at night.

When to See a Doctor

Snoring can signal a more serious problem. Watch for these red flags:

- You snore loudly and heavily and you're tired during the day
- You stop breathing or start gasping or choking during sleep
- You fall asleep at the wrong times, like during a conversation, a meal, or while driving

If you, your family, or roommates notice that you are displaying one of these red flags, schedule an appointment with your doctor. Your doctor can check for any sleep-related breathing problems.



**Article from: www.guardyourhealth.com/health-topics/sleep/stop-snoring/